

ABSTRACT OF THE DISCLOSURE

3 An exercise apparatus to exercise and strengthen the user's arms, shoulders and chest by
4 performing pushups which combine raising and lowering the user's body through raising and
5 lowering the user's arms while the user is in a face down horizontal position with the present
6 invention exercise device used to simulate an up and down pumping action to cause the user to
7 have his/her arms spread apart to make the pushups more difficult while providing a central
8 chest support to facilitate the exercise.

ROZSA & CHEN LLP
ATTORNEYS AT LAW
15910 VENTURA BOULEVARD, SUITE 1601
ENCINO, CALIFORNIA 91436-2815
TELEPHONE (818) 783-0990

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